

## CLAIMS

I claim:

1. A built-in light comprising a frame (1) which can be mounted to a ceiling and having a central opening a retaining hoop (2) which can be fixed to the top side of the frame and which spans bridge-like over the central opening, a reflector (4) which can be connected to the frame (1) and a fitting carrier (3) which can also be connected to the frame (1), wherein there are provided latching means for connecting the fitting carrier (3) to the retaining hoop (2), characterized in that the retaining hoop (2) includes tongues (2c) with lateral guide surfaces (2d) for guiding the fitting carrier (3) and support surfaces (2e) engaging thereunder for draw-like receiving the fitting carrier (3) on the retaining hoop (2) and that the fitting carrier (3) has laterally extending slide bars (3a) which in the installation position engage into the tongues (2c).
2. A built-in light according to claim 1, characterized in that the fitting carrier (3) has latching tongues (3b) which in the installation position engage behind corresponding undercut configurations on the retaining hoop (2).
- 15 3. A built-in light according to claim 1, characterized in that the fitting carrier (3) has supports (3c) which in the installation position embrace the retaining hoop (2).